

A Life of Abundance

Our God is a God with a plan for His creation. Everything was created for a reason. God created us in His image, and His plan for us is to live a full, joyful, creative existence. We can best do this by keeping ourselves fit and trim and healthy. God rejoices, as does all His creation, when we live up to the potential He created in each one of us. When we succeed in our attempts at healthy eating and exercise, we take a step toward fulfilling our purpose in life.

How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. You feed them from the abundance of your own house, letting them drink from your rivers of delight. For you are the fountain of life, the light by which we see. Pour out your unfailing love on those who love you; give justice to those with honest hearts. (Psalm 36)

What keeps us from this healthy living? Frequently one problem we face is the fear of not being cared for and not having enough. Jesus offers us a life of abundance.

Jesus said: I have come that they may have life, and have it to the full. (John 10)

The word *abundance* leads most people to think in terms of "a lot of" something. We think that if we have a lot we will be happy and satisfied. In the abundant life, Jesus is offering us our daily bread—all we need for day-to-day living. There's great rest and security in knowing that we will have what we need. Some people binge eat or binge spend out of a fear of having nothing. "Get it while you can" seems to be the motivation. Whether it is material possessions or a great feast, we often expect these things to do for us what only the blessings of a relationship with Christ can provide. We look to these things for comfort, for escape from problems. Abundant living is life that is enjoyed to its fullest knowing that God will care for us in very specific ways. Our daily needs matter to God.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6)

Healthy living also requires that we provide the right combination of fuel for efficient and effective living. Car manufacturers constantly redesign their vehicles to better meet the needs of the population. Each manufacturer wants to have the most efficient car. Regardless of body shape, size, or color, all cars have one thing in common. They need fuel to run. The kind of fuel made for engines. Water or soda will not work, even in a pinch.

God is the ultimate Designer. He doesn't need to redesign or invent something new, as His design is already perfect. He has created us to live efficiently with the right fuel. We need good food and water to be physically fit. Our physical energy depends on the kind of fuel we take in. We need to be refueled often spiritually also. That renewing fuel is found in Bible reading and prayer. Just like a fuel tank on the car, we need frequent filling. Lack of fuel causes spiritual weakness and stunted growth. Unlike the car, we don't have to hunt for a gas station, and the price of fuel doesn't change. This fuel is always available and free for the taking. There is no substitute. Our part is to keep our spiritual tank full.

Let's enjoy God's provision for our physical needs. Let's seek God daily for our spiritual needs. This will complete the abundant life. We can pray, "Father, give me the correct perspective of the abundant life so that I may enjoy it to the fullest."